



SAINT PAUL PARKS AND RECREATION

*Recreation for Adults 50+
Serving retirees and seniors
and adults over 50
in Saint Paul*

50+

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2008 Winter PROGRAMS

December 2008, January, February 2009

PIONEER SPIRIT NEWSLETTER

Saint Paul Parks and Recreation
Programs for People age 50+



Saint Paul Parks and Recreation
50 W. Kellogg Blvd., Room 840
Saint Paul, MN 55102

CITY PASSPORT



City Passport
380 Jackson Street, Suite 230
Saint Paul, MN 55101

Helping to Make Saint Paul the Most Livable City in America

NEWSLETTER CHANGES

Regular readers of the Pioneer Spirit may have already noticed the change in the newsletter. The front page has a more updated look. In order to produce a more all-encompassing publication for adults age 50+, we are also including more information from other sections within Saint Paul Parks and Recreation as well as other senior-serving organizations. And, as always, we are including activity information from City Passport – a Place for People 50 and Better. In the future, the Pioneer Spirit Newsletter and the City Passport Press will be merged into one publication.

Subscription Contribution: Many of you are receiving this newsletter for the first time. In the past, only people who have paid a subscription fee received the newsletter via the US mail. We would like to get the Pioneer Spirit Newsletter into the hands of as many adults age 50+ as possible. Rather than rely on a subscription fee, we are changing to a subscription **contribution**. It costs approximately \$5 / year to print, publish and distribute each copy of the newsletter.

Therefore, we ask that you consider donating a **minimum of \$5** to help offset the cost of the newsletter. This is the same as what the subscription fee has been for many years, so for most of you that will not be a change.

However, if you are able, perhaps you would consider making a larger donation to help pay for the newsletter of someone who cannot afford to make that donation. You may include your donation by using the form on page 15.

Type size: The final change with this newsletter is the size of the print. We have slightly reduced the size of the print. This will also help us save on the cost of the newsletter. If you need a large-type version, please contact us and we will send one to you.

Feedback: There will still be more changes in the Pioneer Spirit newsletter over the next few months. If you have feedback on the changes, please call Mary at 651-266-6447 or write them on your registration page.

RECREATION FOR ADULTS 50+

One more change you may notice is that we are referring to this recreation program as “Recreation for Adults 50+”, rather than “Senior Recreation”. With input from the Advisory Council, we decided that 50+ is a more accurate and factual description of the people we serve. Seniors are certainly a part of that group, but people who are age 50 to 65 may not consider themselves to be seniors. So whether you considered yourself a “senior” or a “boomer”, the recreation opportunities listed in this newsletter are for Adults 50+.

CONTACT INFORMATION

Recreation for Adults 50+
Saint Paul Parks and Recreation
50 W. Kellogg Boulevard, Room 840
Saint Paul, MN 55102

Mary Livingston, Director
651-266-6447
mary.livingston@ci.stpaul.mn.us

Trenton Henspeter, Assistant Director
651-266-6363
trenton.henspeter@ci.stpaul.mn.us

Linda Flynn, Supervisor
651-266-6443
linda.flynn@ci.stpaul.mn.us

FAX: 651-292-7311
Website: www.stpaul.gov/parks

DO YOU HAVE A TALENT OR SKILL?

The Recreation Program for Adults 50+ is looking for instructors for a variety of activities. If you have a skill, hobby or talent you would like to share, please contact Trenton or Mary. There may be opportunities for you to teach a group of adults 50+.

TRIPS, TOURS AND SPECIAL EVENTS

“CHRISTMAS MEMORIES”

WHEN: Saturday, December 6

TIME: 11:00am- 5:00pm
(Lunch at 11:30, show at 2:00 pm)

WHERE: Trinity Lutheran Church,
Stillwater, Minnesota

COST: \$22

DEADLINE: Wednesday, November 26

CONTACT: Trenton, 651-266-6363

REGISTER: Use form on page 15.

Join us for this non-denominational musical concert presented by the Croix Chordsmen and Vallee de Croix Choruses. After a lunch at Old Country Buffet, we will travel to Stillwater for the show. Fee includes show admission, bus transportation and meal at Old Country Buffet. Van pick up begins around 10:30 a.m., with returns around 5:00 p.m. at the following locations:

- W. Minnehaha Rec., 685 W. Minnehaha
- Edgumbe Rec., 320 Griggs Street
- City Passport, 375 Jackson Street
- Conway Rec., 2090 Conway Street

DISNEY ON ICE

WHEN: Friday, December 12

WHERE: Xcel Energy Center

TIME: Showtime is 10:30 a.m.

COST: \$14 no transportation,
\$20 with van transportation

DEADLINE: Wednesday, November 26

CONTACT: Mary, 651-266-6447

REGISTER: Use form on page 15.

Make imagination your destination! Join tour guides Mickey & Minnie Mouse on a journey into the magical worlds of Disney's "The Little Mermaid," "The Lion King," and "Peter Pan." You'll be captivated by the music, beauty and laughter in a journey so magical you'll never want to go home. Bring the grandchildren to make this a truly intergenerational event. Children 2 and older must have a ticket. Van pick-ups will begin around 9:00 at these locations:

Edgumbe Rec. Center, 320 S. Griggs Street
Conway Rec. Center, 2090 Conway Street
Graham Place Apartments, 1745 Graham Ave.

NEW YEAR'S EVE CELEBRATION

WHEN: Wednesday, December 31

WHERE: Hillcrest Recreation Center
1978 Ford Parkway

TIME: Luncheon: 12:00 noon
Dance: 1:30 - 3:30 p.m.

COST: \$21 - lunch and dance
\$27 - lunch, dance, transportation
\$5 dance only (1:30 - 3:30 p.m.)

DEADLINE: Friday, December 19

CONTACT: Mary, 651-266-6447

REGISTER: Use form on page 15.

Celebrate with us as we ring in the New Year! Even though it will be 3 p.m. here in Saint Paul, it will already be the New Year in Armenia and Dubai. A catered lunch of chicken and roast beef with all the trimmings will be served. You will not want to miss our toast to a new and prosperous year. Noise makers, confetti and door prizes will add to the festive atmosphere. After lunch, you can listen or dance to the Wally Olson Band. **Van pick-ups include:** West 7th Community Center, 265 Oneida Street
Conway Rec., 2090 Conway Street
City Passport, 375 Jackson Street
Graham Place Apts., 1745 Graham Ave.

TOUR - TREASURE ISLAND CASINO

WHEN: Thursday, January 29

TIME: 9:30 a.m. to 4:30 p.m.

COST: \$4 per person

DEADLINE: Thursday, January 22

CONTACT: Trenton, 651-266-6363

REGISTER: Use form on page 15.

Our bus will arrive near 11:30 a.m. in time for Bingo warm-ups at noon. Bingo ends at 3:00 p.m. and we will board the bus for the return trip at 3:30 p.m. (4 hours stay). If you're not a Bingo player, you can play the slot machines, blackjack, pull tabs, or have a meal. You will receive a \$3 food coupon upon arrival.

Pick ups start at 9:30 a.m. and include:
Edgumbe Rec. Center, 320 S. Griggs Street
City Passport, 375 Jackson Street
Parkway Gardens, 1145 Hudson Road
Conway Rec. Center, 2090 Conway Street

TRIPS, TOURS AND SPECIAL EVENTS

THE SUMMIT HILL BRASS QUINTET

WHEN: Sunday, February 8
WHERE: House of Hope Presbyterian Church
TIME: 4:00-6:00 p.m.
COST: FREE / \$5 for transportation
DEADLINE: Friday, January 30
CONTACT: Trenton, 651-266-6363
REGISTER: Use form on page 15.
If you enjoy the sounds of trumpets, trombones, and tubas; make sure to join us for this trip to enjoy the wonderful music of the Summit Hill Brass Quintet. Now a household name in the Twin Cities, the group plays Baroque, Renaissance, Christmas music, and old American songs. If you haven't heard them, now is your opportunity!
Van transportation is available from these locations:
Edgcumbe Rec. Center, 320 Griggs St.
Graham Place, 1745 Graham Place
Conway Rec. Center, 2090 Conway St.
North Dale Rec. Center, 1414 St. Albans St.

BRAIN GAMES TRIATHLON

WHEN: Wednesday, February 18, 2009
WHERE: Jimmy Lee Recreation Center
TIME: 9 a.m. -12 p.m.
COST: \$3/person, \$10/team
DEADLINE: Monday, February 9
CONTACT: Trenton, 651-266-6363
REGISTER: Use form on page 15.
Do you know the capital of New Jersey? Do you know how to spell New Jersey? You will after this day! Make sure to sign up for this new activity. Individuals will be placed in teams which will consist of four people. Groups will be challenged to answer questions in trivia, spelling, and will test their skill in a game of bean bag toss. Individual and team registration will be accepted. If you have a team ready, please specify on the registration form along with the payment. Coffee and cookies will be served. Prizes will be awarded to members of the first place team. If you are interested in signing up or have questions, call Trenton at 651-266-6363.

ST. CROIX CASINO / TURTLE LAKE

WHEN: Wednesday, February 25
TIME: 8:15 a.m. to 4:30 p.m.
WHERE: Turtle Lake, Wisconsin
COST: \$5 per person
DEADLINE: Wednesday, February 18 (call if you miss the deadline)
CONTACT: Trenton, 651-266-6363
REGISTER: Use form on page 15.
Experience the luck of the turtle at Turtle Lake Casino. There are a wide variety of slot machines, live roulette, baccarat, black jack, and a delicious buffet. We will be at the casino from 10:30 a.m. to 2:30 p.m. Upon arrival, participants will receive \$5.00 in quarters. Participants need to provide their date of birth and TLC number if they have one. **Pick ups start at 8:15 a.m. and include:**
Edgcumbe Rec. Center, 320 S. Griggs Street
City Passport, 375 Jackson Street
Parkway Gardens, 1145 Hudson Road
Conway Rec Center, 2090 Conway Street

MS. MINNESOTA SENIOR PAGEANT

Announcing the 2009 contestant search for the Ms. Minnesota Senior Pageant! If you are a lady age 60 or older, (the *age of elegance*), you could be the next Ms. Senior Minnesota! The pageant includes sharing your philosophy of life, plus evening gown and talent competitions. And relax! They aren't just looking for musical talents like singing or dancing. Your talent can be anything from reading poetry to quilting.

The pageant will take place at the 9th annual Seniors Expo™ (www.101expos.com), and the state winner will represent Minnesota in the Ms Senior America Pageant.

To learn more about the pageant and how you can participate as a contestant, sponsor or advertiser, visit www.msminnesotasenior.com or call Heather 612-798-7237.

CLASSES AND ACTIVITIES

CROSS COUNTRY SKI LESSONS

WHEN: Tuesdays, Dec. 30 – Jan. 13*

WHERE: Como Ski Chalet

TIME: 4:30 – 6 p.m.

COST: \$10, includes ski rental and instruction

DEADLINE: Friday, December 19

CONTACT: Mary, 651-266-6447

REGISTER: Use form on page 15.

Don't hibernate this winter, get out and enjoy the Minnesota weather. Adults Age 50+ are invited to join our new Ski Lesson Program. Qualified instructors will teach you the basics of cross country skiing, how to fall and most importantly, how to get up again. Como Ski area has groomed trails and plenty of level spaces or gentle slopes to learn how to ski. Be sure to dress appropriately for the weather. Participants may want to check with their doctor before starting a new fitness activity. *If there is no snow by the starting date, classes may be delayed until later in January.

T'AI CHI CHUAN

WHEN: Session I -09

Thursdays, Jan. 15 – Feb. 19

Session II -09

Thursdays, March 5 – April 9

TIME: 5:30 – 6:30 p.m. – intermediate
6:30 – 7:30 p.m. - beginner

WHERE: Martin Luther King Rec. Center
271 Mackubin Street.

COST: \$35/person/session of 6 classes

INSTRUCTOR: Barb Frankel

DEADLINE: One week prior to start
Date (please call if you miss the deadline)

CONTACT: Trenton, 651-266-6363

REGISTER: Use form on page 15.

Students can learn this Yang style short form of T'ai Chi. Emphasis is on relaxation, balance and focus. The exercises use slow, rhythmic movements in a variety of standing postures. Through T'ai Chi Chuan you can develop flexibility, confidence and coordination.

COOKING CLASS

WHEN: Thursday, February 12

WHERE: Battle Creek Recreation Center

TIME: 10 a.m. – 12 noon

COST: \$5

DEADLINE: Thursday, February 5

CONTACT: Trenton, 651-266-6363

REGISTER: Use form on page 15.

Food Is Love

"There is no love sincerer than the love of food."
George Bernard Shaw

February is the month to celebrate love! Come join us as we cook up some heart warming and tasty ideas for that perfect Valentine's dinner. In this class we will be exploring Strawberry Spinach Salad, Steak with gorgonzola sauce, garlic mashed potatoes, roasted vegetables and of course the grand finish will be a delicious chocolate dessert.

Presented by :

Dan McGuire, Director of Nutrition Services
Amanda Leisenheimer, Registered Dietician
Ann Naithani, Business
Development Consultant



COMING THIS SPRING!

We're working on activities for March, April and May. Some of the spring activities may include:

Gardening Group: This could be a one-time planting or a season-long project. If you are interested, call Trenton at 651-266-6363 with your thoughts.

Computer Classes: for beginners and advanced beginners

Hiking, Canoeing, Birding, and other outdoor activities.

Crafter's Corner: Create a new project or learn a new craft technique each quarter.

WINTER CARNIVAL SENIOR ACTIVITIES

WINTER CARNIVAL SENIOR ROYALTY CANDIDATES NEEDED

Experience the fun of Senior Royalty!

The Senior Royalty Program offers adults age 55 and over an opportunity to have an exciting year by meeting new people, bringing joy and friendship to others, and visiting new places. The Royalty has a 50 year tradition of selecting three gentlemen and three ladies to represent adults over 50, the Winter Carnival and Saint Paul Parks and Recreation. Candidates must be residents of the four-county metro area (Ramsey, Dakota, Hennepin, Washington). Interested individuals are encouraged to fill out and mail in the registration form on page 11 by December 26, 2008.

Candidates will participate in a two-step judging process. First, candidates give a short personal history and share their desire to be a candidate at the Senior Royalty luncheon on Tuesday, January 6, 2009, at the Cherokee Sirloin Room Restaurant. The following week, each candidate will be interviewed by a panel of selection judges. All candidates participate in the Senior Royalty Coronation on Friday, January 23, 3:00 p.m. at the Wellstone Center for Community Building. Candidates selected as the 2009 Royal Court will participate in the Winter Carnival Parade on Saturday, February 2 and many other community festivals and parades throughout the year.

If you would like more information, please call Mary Livingston at 651-266-6447.

SENIOR ROYALTY LUNCHEON

WHEN: Tuesday, January 6
TIME: 10:00 a.m.
WHERE: Cherokee Sirloin Room
COST: \$20.00 per person
DEADLINE: Friday, December 26
(call if you miss the deadline)
CONTACT: Mary, 651-266-6447
REGISTER: Use form on page 15
The 27th annual Senior Royal Courts' Luncheon is for all past and present Royal Family members from the Senior Realm of King Winter and the Queen of the Northlands as well as the 2009 Senior Royalty Candidates. The program for the day will be:
Social: 10:00 - 10:30 a.m.
Candidates Introduction: 10:30 - 11:45 a.m.
Luncheon: 11:45 a.m. - 12:30 p.m.
Program & Alumni update: 12:30 - 1:30 p.m.
Please make check payable to: City of Saint Paul, and indicate your meal choice on the registration form on page 11. Choices include: barbecued pork ribs, small broiled Canadian walleye, eight-ounce top sirloin (all served with potato), chicken Cordon Bleu served with rice, Seafood Louie or Cobb Salad. All meals include Cherokee's house salad, roll and butter, dessert, and coffee, tea, soft drink or milk. Tax and gratuity included in luncheon cost.

SENIOR CORONATION

The Winter Carnival Senior Royalty Coronation will take place on Friday, January 23 at 3:00 p.m. at the Wellstone Center for Community Building. Come and witness the pomp, ceremony and entertainment at the selection of King Winter the 51st and Queen of the Northlands as well as four other royal court members. A reception with refreshments will follow the ceremony. There is plenty of free parking in the adjoining parking ramp. For further information, contact Mary at 651-266-6447.

ON-GOING PROGRAMS

HIKERS HOLIDAY PARTY

WHEN: Wednesday, December 3

WHERE: The Little Oven

TIME: 11:00 a.m.

COST: \$17

DEADLINE: Wednesday, November 26

CONTACT: Trenton, 651-266-6363

REGISTER: Use form on page 15

All Hiking Club participants are invited to enjoy an Italian style buffet meal with antipasto salad, oven-warmed garlic bread, homemade baked lasagna, ravioli, ziti, meatballs, and beverage. Tax, gratuity, and beverage included.

HIKERS WINTER TREK & POT-LUCK

WHEN: Wednesday, February 4, 2009

TIME: 10:00 a.m.

WHERE: Jimmy Lee Recreation Center
270 N. Lexington Pkwy.
651-642-0650

COST: \$2.00

DEADLINE: Monday, February 2, 2009

CONTACT: Trenton, 651-266-6363

REGISTER: Use form on page 15

Dress appropriately for indoor hiking on the walking track or in the gymnasium, or if you prefer to walk outdoors. Please call Trenton at 651-266-6363 to register and sign up to bring a food item. Paper products, utensils, and beverages will be provided. Come with ideas for new hikes as we will plan the hikes for the 2009 season.

BRUNCH CLUB

FOR RESERVATIONS, CONTACT: Kathy Nelson at 651-699-9654

Socialize, make friends, try different restaurants, and chat about current events and activities. To register, leave a message with Kathy by Wednesday for Friday dates and Saturday for Tuesday dates. We need to know how many will attend so reservations can be made. If we must cancel a Brunch Club meeting, we would be able to call those who have registered. The cost to you depends on what you order, payable at the restaurant. The restaurants we choose are wheelchair accessible. For more information on the Brunch Club, call Trenton at 651-266-6363.

MEET AT THE RESTAURANT AT 11:00 A.M. ON THESE DATES:

- Tuesday, December 2 – The Lexington
1096 Grand Avenue
651-222-5878
- Friday, December 19 – Highland Café & Bakery
2012 Ford Parkway
651-698-3400
- Tuesday, January 6 – Champs
2401 West 7th Street (Sibley Plaza)
651-698-5050
- Friday, January 16 – W.A. Frost
374 Selby Avenue
651-224-5715
- Tuesday, February 3 – Chianti Grill
1611 West Larpentour Avenue
651-644-2808
- Friday, February 20 – Great Moon Buffet
1200 South Robert Street, West St. Paul
651-554-0558

BOWLING LEAGUE, MIXED SENIOR

It's never too late to join! Be a regular bowler or a substitute. The "Over The Hill Gang" bowling league meets on Mondays, 9:30 a.m. at Midway Pro Bowl, 1556 University Avenue. The "Over The Hill Gang" group will bowl through March 23, 2009. This is a USBC sanctioned league for men and women, age 50+. Bowlers pay a one-time sanctioning fee of \$12.00 and a weekly bowling fee of \$8.00. If you want more information, call Trenton at 651-266-6363.

ON-GOING PROGRAMS

GOLDEN MELODY MAKERS CHORUS

WHEN: Thursdays (ongoing)

TIME: 10:00-11:15 a.m.

WHERE: City Passport Senior Center
380 Jackson Street, Suite 230

COST: Free

CONTACT: Mary, 651-266-6447

Do you like to sing? Join the Golden Melody Makers Chorus. The chorus meets weekly for either a performance or rehearsal. Enjoy sharing music with others as we perform at health care centers, senior centers, schools, and special events. The chorus is comprised of men and women age 50+. They sing four-part arrangements of old-time favorites, show tunes and other types of music.

On December 1, 2008 reservations will be accepted for 2009 Golden Melody Makers concerts. Our calendar fills quickly so make your reservation soon. Chorus performances can be booked for your special event. The Golden Melody Makers Senior Citizen Chorus presents a 30 minute musical program featuring four-part harmony songs. The chorus requests a \$50 honorarium for performances in Saint Paul and \$70 for performances in the surrounding communities.

CHORUS HOLIDAY PARTY

WHEN: Tuesday, December 18

TIME: 12:00 p.m. (following our Salvation Army Holiday Concert)

WHERE: Cherokee Sirloin Room,
866 Smith Avenue

COST: \$20.00

DEADLINE: Monday, December 8

CONTACT: Mary, 651-266-6447

REGISTER: Use form on page 15.

Chorus members and those interested in the chorus are invited to celebrate the holidays at our annual holiday luncheon. Meal includes a choice of these entrees; Top Sirloin, Broiled Canadian Walleye, Barbecued Ribs, Chicken Cordon Bleu, Seafood Louie, or Cobb Salad. Tax, gratuity, dessert, and beverage included. Please indicate your meal choice on the registration form.

VOLUNTEER OPPORTUNITIES

Are you looking for something to do this winter? Hoping to avoid "cabin fever"? The Saint Paul Parks and Recreation Program for Adults Age 50+ has many volunteer opportunities for you to choose from. Listed here are several new volunteer positions.

Photographer: Attend a variety of recreation programs and take photographs of the ongoing activities. You may use your own camera or the camera that belongs to the 50+ program. Digital photographs are preferred. These photographs will be used in future editions of the newsletter and other publications.

Satisfaction Surveyor: Make follow-up phone calls to program participants and ask a few scripted questions regarding their experiences at a recreation activity in which they recently participated. Dates and times for this volunteer opportunity are flexible.

Cross Country Ski Companion: If you have cross-country skiing experience, volunteer to ski with beginning students age 50+. You will offer encouragement and skiing tips. This activity will take place at Como Ski area on Tuesdays, December 30 – January 13, 4:30 – 6:30 p.m. If you do not have your own ski equipment, you may pay \$10 for the 3-week session and use the equipment at Como.

Newsletter Preparation Assistant: The Pioneer Spirit is mailed out quarterly. Help is needed to prepare the newsletter for mailing. Interested individuals would be informed a week in advance as to date, time and location of mailing preparation.

Computer Instructor: There are several computer classrooms in the Saint Paul Parks and Recreation system. We would like to offer basic computer classes to adults age 50+. If you have experience using computers and teaching others, please consider volunteering to teach some basic computer classes. Dates and times would be selected to fit your schedule.

If you are interested in any of these volunteer opportunities, please contact Mary at 651-266-6447 or mary.livingston@ci.stpaul.mn.us

CITY PASSPORT ACTIVITIES

City Passport is a partnership between Saint Paul Parks and Recreation and HealthEast. The activities listed on this page are held at City Passport Senior Center, 380 Jackson Street, Suite 230

CITY PASSPORT



City Passport - a place for people 50 and better - is a free membership program for people age 50 and better. Passport is

dedicated to enhancing the quality of life for all as we age.

HealthEast Passport and the City of Saint Paul are proud to sponsor City Passport. This is a place to socialize, receive education and be involved in the community. Available are a classroom, private conference room, computer lab and a drop in area with periodicals and a large television. The center is located on the skyway level in Galtier Plaza (380 Jackson, Suite 230) next to the YMCA. Services include: health screenings, health and safety seminars, intergenerational activities, resource center, creative arts program and much more.

Christmas Eve Celebration

Wednesday, December 24, 11:00 a.m.

Some of our members have families out of town, and are alone for Christmas. Join us for music and fellowship as we celebrate Christmas. We will start with a short religious service, enjoy dinner, sing Christmas carols, and finish with dessert. This celebration is for members only. Event is free, but advance registration is REQUIRED. Call City Passport for a reservation, 651-232-1301.

Medicare Part D Information and Enrollment

Friday, November 21, 9:30 a.m.

Learn about Medicare Part D, a prescription drug benefit for individuals with Medicare. Certified Health Insurance Counselors from the Senior LinkAge Line will provide information about Part D eligibility, enrollment, plan options, choosing a plan, and Low Income Subsidy (financial help to pay for your Medicare Prescription Drug benefit costs). The counselors will also assist with Part D enrollment. Register by calling 651-232-1301.

Christmas Hymn Sing Along

Please come and join Deb and John for a Christmas Hymn Sing Along. **FREE**
Friday, December 5 at 11:00 a.m.

Accordion Sing Along

Join Mary and sing along with some old favorites and holiday tunes. Rhythm instruments will be available to play or bring your own. **FREE**

Thursday, December 18, 10 – 11 a.m.

Community Acupuncture

Every Tuesday at 9:30 a.m.

- Clients are seen on a first come, first served basis
- Cost is on a sliding scale, from \$10 to \$40, paid in cash at the time of service.

Community Acupuncture is a traditional style of treatment practiced in China where patients share a common room and remain clothed and seated. Participants will tell the acupuncturist about the location of their pain (back, joint, muscle, head, reducing anxiety, etc.) which then directs the treatment plan.

Ladies Tea

Come with your hat and favorite cup for tea.

Monday, November 24, 2:30 Topic: Holiday Stress – Deb will lead a discussion about how to minimize stress during the holidays.

Monday, December 29, 2:30 Topic: New Years. We will talk about resolutions and say good bye to 2008.

Fee: \$2 - includes finger sandwiches / dessert.

Happy Birthday Party

Cake and ice cream will be served. Those celebrating their birthday during the month will receive complimentary cake and ice cream as well as hearing their song, "Happy Birthday" sung by all. For information, call City Passport at 651-232-1301.

Second Monday of each month at 2:00 p.m.
Cost: 25 cents (your birthday month-FREE)

CITY PASSPORT ACTIVITIES

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380 Jackson Street, Suite 230

Ice Cream Float Hour

25 Cents

Friday, December 19, 1:30-2:30 p.m.

Strawberry Floats

Flavors for January and February to be determined.

Dominoes

Come and play Dominoes with Nancy. If you have never played Dominoes before, Nancy will teach you. It is a very fun game. Fridays, December 5 and 19, at 1:30 p.m. FREE

5-Card Stud

Join your fellow members for a fun game of Poker. They meet every Wednesday starting at 1:00 p.m. FREE

Texas Hold-Em

Join Mike for a fun game of Texas Hold-Em. This group meets every Friday starting at 1:00 p.m. FREE

Free Computer Questions and Answers

Every Wednesday from 1 – 2 p.m. You can ask Helen your computer questions.

What Do You Think?

Come to this discussion group and talk about current events and other scenarios. Members enjoy giving their opinion and listening to others. It is a great chance to get to know your fellow members in a fun way.

Friday, December 12 at 11:00 a.m.

Book Club

Before attending a meeting, call Susan at 651-229-0116 to confirm the title of the book to be discussed. Call one week prior if you plan to attend (or earlier if you need more time to read the selection).

Cost: FREE Third Tuesday of each month.

Free Blood Pressure Checks

Mondays from 10 -11 a.m. (or by appointment).

Writers Group

The writers group meets the last Friday of each month (except December) at 10:30 a.m. Bring something to read, get constructive feedback, and an opportunity to share with others. FREE

HealthEast Passport Players

Purpose Statement: To encourage persons 50 and better to express themselves by telling stories, using improvisational scenarios and movement to improve mental, physical, and social well being. To break down the stereotypes of aging by communicating and coaching others in the community. We will use creative expression and movement as our canvas.

Passport Reader's Theater

This session is for beginners, or participants who enjoy being on-site for activities. Reading from plays helps develop the skills of reading aloud. Learning acting skills and movement on stage can be part of this session. The Reader's Theatre, led by Helen, will be on Wednesdays from 5:00 - 6:00 p.m. There is no fee to participate.

Passport Players

Deals with participants who wish to perform as opportunities present themselves. Performers who have a part that they would like to do would be encouraged to memorize their lines. The project will be led by Dean Seal and held every Wednesday from 3:00 – 5:00 p.m. There is no charge to participate.

The HealthEast Passport program is fortunate to partner with COMPASS in this art and health care project.

Movies

Thursdays at 1:00 p.m.

December

4 Barbra Streisand in Concert

11 Prancer 1989 Rated G

18 Going My Way 1944

CITY PASSPORT ACTIVITIES

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380 Jackson Street. Suite 230

Foot Clinic

A registered nurse will provide foot care for members. A whirlpool foot bath, massage, and nail cutting is provided. Please call 651-232-1301 to schedule an appointment. \$28.00

Medical Insurance Counseling

Please call 651-232-1301 for an appointment
Thursday, November 20, 10:30 a.m.
Thursday, December 18, 10:30 a.m.

Free Hearing Screenings

Call Marlene, 952-431-6113 for an appointment.

SCRABBLE TOURNAMENT

WHEN: Tuesday, February 17
TIME: 10:30 a.m. – 1 p.m.
COST: Free
DEADLINE: one week prior to event
CONTACT: Trenton, 651-266-6363 or
City Passport 651-232-1301

It is time again for another game of scrabble. This tournament will give players an opportunity to test their skill and enjoy a little friendly competition. A prize will be awarded to the top player in the tournament. Rules will be reviewed at 10:45 a.m. with play starting at 10:50 a.m.

BINGO

Let's play bingo! Snack food will be your entry fee – and maybe your prize! Bring an unopened package of your favorite snack. It could be chips, cookies, candy, even sardines! One snack food item will allow you to play one or two cards. If you want to play more cards, bring more snacks! All snacks that are collected will be used as prizes. For more information contact Mary at 651-266-6447 or 651-232-1301.

Cost: your entry fee is one or more packages of snack food.

Tuesday, February 17, 10:30 – 11:30 a.m.

COMPUTER CLASSES

Digital Photography And Processing

Photos On Your PC: Download photos from your camera and enhance them on your PC; learn the elements of good photography.

Prerequisite-experience with MS Windows-based PCs and your digital camera.

Part 1 Tuesday, December 2

Part 2 Tuesday, December 9

Part 3 Tuesday, December 16

Part 4 Tuesday, January, 6

1 - 3 pm \$40 for the series

Spread Sheets:

Learn to create spreadsheets, use formulas, create multi-page files using Microsoft Excel: two 2-hour sessions.

Prerequisite-experience with

MS Windows-based PCs.

Part 1 Tuesday, January 20

Part 2 Tuesday, January 27

1 to 3 pm \$20

Surfing the Internet: Learn how to search the web to find almost any piece of information.

One 2-hour session. *Prerequisite-experience with MS Windows-based PCs*

Tuesday, February 3 1 - 3 pm \$10

Protecting Your PC: Learn about basic computer protection against viruses, worms, spy programs, and how to install and use protective software. One 2-hour session. *Prerequisite-experience with MS Windows-based PCs.*

Tuesday, February 10 1 - 3 pm \$10

You must pre-register for computer classes. You may register by phone (651-232-2400) if using your Visa or MasterCard. Refunds will be made if our office receives a cancellation notification 48 hours before class. To register by mail, send the registration to City Passport, 380 Jackson Street Suite 230, Saint Paul, MN 55101

CITY PASSPORT ACTIVITIES

380 Jackson Street, Suite 230

ON-GOING VOLUNTEER PROJECTS

Global Health Ministries

NEW

Passport has partnered with Global Health Ministries, a grass roots network of persons concerned with health care work in other countries. One of their goals is to gather and provide funds for special health related projects overseas.

Volunteers collect medical supplies, sort and recondition equipment and other materials and pack them in containers. Projects will be available on a periodic basis. Call City Passport, 651-232-1301, for more information.

Quilting Group

Quilters meet every Monday 9 a.m. - 11 a.m. to sew quilts to be donated to children in need. Members are welcome to join the group regardless of sewing experience.

Baby Knit Club

Knitters come on Thursday at 1 pm to knit hats for the newborn babies in the hospitals. They have also make baby buntings and afghans. All yarn and needles are provided. Members are welcome to join the club. Knitting experience is not necessary.

Memory Boxes

HealthEast hospitals requested painted cardboard boxes to give to parents who have lost their child due to an illness or accident. The child's belongings and documents are put in this keepsake box. If you would like to paint or decorate the boxes come to City Passport. We provide the boxes and painting supplies.

Surgical Caps and Doll Clothes

This group meets most Mondays at 2:30 p.m. to make surgical caps for their young patients. These caps are made with a variety of children's fabric and are simple to make. Little sewing experience is necessary. Check the City Passport calendar or call 651-232-1301.

SENIOR SPOTLIGHT



Meet a group of Midway Seniors. Each week they gather at Hancock Recreation Center and play 500. But don't let the card playing fool you. They also know a thing or two about being active.

In October, the Hancock Seniors had the opportunity to play the Nintendo Wii. This new system provides an interactive gaming experience that requires movement and eye-hand coordination. Individuals were able to get exercise and share some laugh, too. Players tried to bowl strikes, pick up spares, and swing for the fences in baseball.

If you are looking for an easy way to stay active or good company; stop in and say hello to the Hancock Seniors. They meet Thursday afternoons, 1 – 4 p.m. at Hancock Recreation Center, 1610 Hubbard Ave. 55104

ADVERTISE WITH US

Reach Adults age 50+ in Saint Paul and the surrounding area with an ad in the Pioneer Spirit.

For more information, ad sizes and costs, contact Mary Livingston at 651-266-6447.

W. 7th Community Center: 651-298-5493
265 Oneida Street, 55102

For cost of classes or to register please call
the West 7th Community Center at
651.298.5493

Young at Heart Exercise: M, W, F, 9:30-10:10 a.m.

Big Band Dancing: Wednesdays 1 - 3: p.m.

Massage Clinic: 3rd Tuesday from 1 - 3 p.m.
½-hour massages

Blood Pressure Check: 4th Monday of the month 12:15-1:00 p.m.

Therapeutic Pool: 14 Sessions for \$42. Begins January 6. T & TH, 4 – 5 p.m.

Quilter's Club: 2nd and 4th Tuesday of the month from 10:30 a.m. -12:30 p.m. All skill levels.

Medicare Part D Counseling: December 3, 9:30 a.m. -12:30 p.m. Call to make an appointment.

Elderhostel Presentation: Thurs., December 4. 1 – 2 p.m.

Winter Snowflake Dance: Wednesday, December 10, 1 – 3 p.m.

Senior Holiday Party: December 18th. 2:45-3:30 p.m. Jim Berner will be entertaining. Refreshments.

Veterans Benefits Presentation: January 22 from 1 – 2 p.m.

Beginner Square Dancing: Mondays from 6:15 - 8 p.m. starting January 26.

Selling Your Home and Dealing with Stuff! Presentation. January 19 from 1 – 2 p.m.

55-Alive Refresher Class: February 24' 8:30 a.m.-12:30 p.m.

Keystone Comm. Center:651-645-7424
2000 St. Anthony Avenue, 55104

For information or to register for these
programs, call Keystone Senior Program at
Merriam Park Community Center, Anthony
651-645-7424.

Over 50 & Fit – M, W, F, 10 - 11 a.m.

Light Weight Lifting - M, W, F, 10:45 -11:30 a.m.

Walk for Your Health - Sept.-May, M-F, 11 a.m. - noon.

Blood Pressure - 2nd Wednesday of each month - 10:45 a.m. - noon.

Footcare - 1st Monday of the month...\$20 for a 30 minute appt.

55 Alive Refresher Classes – Tuesdays, Jan. 13 & Feb. 10, 9:30 a.m. – 1:30 p.m.

8 Hour Drive Classes...January 26 & 27 and March 23 & 24 - 5 p.m. - 9 p.m.
Call Minn. Safety Council to register for this course...651-228-7306.

Line Dance - Intermediate-Advanced, Mondays, 1 - 2:30 p.m.

Book Club - 1st Tuesday of each month (Sept.-May)12:30 - 2:15p.m.

Bridge - Thursdays - 12:30 p.m.

Cribbage - Tuesdays - 12:30 p.m.

Scrabble - Fridays - 10:45 a.m. - 12:45 a.m.

Mexican Train Dominoes - 2nd Tuesday of each month - 1 – 2:30 p.m.

Speakers: Friday, January 16 - 11 a.m. - 12 noon "What Are Those Old Coins Worth?"

Monday, January 26 - "Tax Time: Making Sense of 2008 Tax Forms" 11 a.m. – 12 noon

WEEKLY SENIOR GROUPS

At your neighborhood recreation center

All phone numbers are in the 651 area code.

There may be a fee for some of these activities.

If you want further information about any of these programs, call the number listed for that recreation center.

<u>RECREATION CENTER</u>	<u>ADDRESS</u>	<u>PHONE</u>	<u>DAY</u>	<u>TIMES</u>	<u>ACTIVITIES OFFERED</u>
Baker	209 W. Page	292-7244	Friday	8 am. – 12 p.m.	Cards & Dice / Potluck
Battle Creek	75 S. Winthrop	702-7718	Tuesday	12 - 3 p.m.	Cards, 500
Conway/ Harding Community Ed.	2090 Conway	501-6343 293-8733	Call for info	Call for info	Many educational & recreation programs offered. Call 293-8733
Dayton's Bluff East Metro Seniors	800 Conway	793-3885	Friday	12 -4 p.m.	Cards, 500
Edgcumbe	320 S. Griggs	695-3711	Thursday Mon. Wed .Fri.	8 a.m. – 12 p.m. 10:30 – 11:30am	500, cribbage and bridge Walking
Griggs	1188 Hubbard	298-5755	Thursday	1:00 – 4:00 p.m.	Cards & snacks
Hancock	1610 Hubbard	298-4393	Thursdays	1:00 – 4:00 p.m..	Cards & snacks
Hazel Park	945 N. Hazel	298-4088	Wednesday	9 a.m. - 12 p.m.	Bowling, darts and cards
Hillcrest	1978 Ford Parkway	695-3706	Monday Tuesday Mon.- Fri.	1 p.m. – 3 p.m. 9 a.m. -12 p.m. 9 a.m. – 10 a.m.	Movies Bridge and social Walking track
Linwood	860 St. Clair	298-5660	Mondays Mon. & Thur. Mon. – Fri. Tues & Thur. Friday	9:15am 12 - 3 p.m. 7 a.m. – 9 a.m. 9:15 a.m. 1:15 p.m.	"Sit"ercise Cards and games Walking 55 plus Fitness class Yoga
Martin Luther King	271 Mackubin	290-8695	Thurs. Every 3 rd	10 am – 3pm	Health topics, Healthy lunch served
Merriam Park	2000 St. Anthony	298-5766	Mon. Wed. Fri.	11 a.m. – 12 p.m.	Walking
North Dale	1414 N. St. Albans	558-2329	Mon. Wednesday Thursday Friday	12:15 – 1:15 p.m. 9 a.m. – 12:30 p.m. 10 a.m. – 3 p.m. 11:30 am-3:30 pm	Exercise 500 Cards, Greedy, Cribbage Competitive 500
So. St. Anthony	890 Cromwell	298-5770	Fridays	9:30 – 11:30 a.m.	Bowling, darts & cards
West Minnehaha	685 W. Minnehaha	298-5823	Fri. Every 3 rd Tues. & Fri.	11 a.m.- 2 p.m. 10 a.m. -12 p.m.	Bingo & Potluck Walking

WATER AEROBICS

Although this class is open to adults of any age, low impact water aerobics is perfect for adults over age 50.

Classes are held

Monday, Wednesday, Friday 9:30-10:30am
Tuesday and Thursday 5:30-6:30pm
Saturday 10-11am

at Great River Water Park located at the Oxford Community Center, 270 N. Lexington
Cost is \$5 per time. For more information call the Great River Water Park at 651-642-0650

SENIOR VOLLEYBALL

Do you want to be active and social at the same time? Feel free to drop in at West Minnehaha Recreation Center 12 – 2 p.m. on Thursdays, beginning December 4 to play volleyball. Fee will be \$2 dollar per day. Volleyballs will be provided. To keep things interesting; rules may be subject to change. If you are interested in participating please call West Minnehaha at 651-298-5823 or Trenton at 651-266-6363.

ACTIVITY REGISTRATION – Winter, 2008-2009

Write only one check, payable to: City of Saint Paul – Adults 50+ .

Return completed form and check to: Recreation for Adults 50+, 50 W. Kellogg Blvd., Room 840, Saint Paul, MN 55102

Name: _____ Phone: _____ Email: _____

Address: _____ City: _____ ZIP: _____

If you are paying for a guest, please include his/her information on the back.

Please specify any required special accommodations _____

<u>√Mark</u> <u>choice</u>	<u>Activity / Class</u>	<u>Special Info</u>	<u>No. of</u> <u>People</u>	<u>Cost</u>	<u>Total</u>
	2009 Pioneer Spirit	Subscription contribution suggested minimum		\$ 5.00	
	Chorus Holiday Party	Circle meal choice Sirloin / Walleye / Ribs / Cobb Salad Chicken Cordon Bl / Seafood Louie		\$20.00	
	Class: Cooking Class –			\$ 5.00	
	Class: Cross Country Ski Lessons			\$10.00	
	Class: T'ai Chi Chuan Session I-09 Beginner 6:30 – 7:30 p.m.			\$35.00	
	Class: T'ai Chi Chuan Session I-09 Intermediate 5:30 – 6:30 p.m.			\$35.00	
	Class: T'ai Chi Chuan Session II-09 Beginner 6:30 – 7:30 p.m.			\$35.00	
	Class: T'ai Chi Chuan Session II-09 Intermediate 5:30 – 6:30 p.m.			\$35.00	
	Cross Country Ski Companion ski rental			\$10.00	
	Hiker Holiday Party			\$17.00	
	Hiker Winter Trek and Pot-luck			\$ 2.00	
	T'ai Chi Chuan Session III-08– Beginner			\$35.00	
	T'ai Chi Chuan Session III-08 – Intermed.			\$35.00	
	T'ai Chi Chuan Session IV-08 – Beginner			\$35.00	
	T'ai Chi Chuan Session IV-08 – Intermed.			\$35.00	
	Newsletter by Email	Email address:		Free	
	Special Event: Brain Triathlon Individual registration			\$ 3.00	
	Special Event: Brain Triathlon Team Registration	Write in team members' names		\$10.00	
	Special Event: Disney on Ice (no transportation)			\$14.00	
	Special Event: Disney On Ice (with transportation)	Circle pick-up site Edgcumbe / Conway / Graham Place		\$20.00	
	Special Event: New Year's Eve Party (Lunch & Dance - no transportation)			\$21.00	
	Special Event: New Year's Eve Party (Lunch & Dance – with transportation)	Circle pick-up site: City Passport W. 7 th / Conway / Graham Place		\$27.00	
	Special Event: New Year's Eve Party (Dance only)			\$ 5.00	
	Trip/Tour: Christmas Memories	Circle pick-up site: City Passport W. Minne / Edgcumbe / Conway		\$22.00	
	Trip/Tour: Saint Croix Casino February 25	Circle pick-up site: City Passport Edgcumbe / Conway / Parkway Grds		\$ 5.00	
	Trip/Tour: Summit Hill Brass Quintet (no transportation)			Free	
	Trip/Tour: Summit Hill Brass Quintet (with transportation)	Circle pick-up site		\$ 5.00	
	Trip/Tour: Treasure Island Casino January 29	Circle pick-up site: City Passport Edgcumbe / Conway / Parkway Grds		\$ 4.00	
	Winter Carnival Senior Royalty Luncheon	Circle meal choice Sirloin / Walleye / Ribs / Cobb Salad Chicken Cordon Bl / Seafood Louie		\$20.00	
	Winter Carnival Senior Royalty Candidate – Application			Free	

Enclosed is Check Number _____ in the amount of \$ _____

PARKS AND RECREATION **ADULTS 50+ ADVISORY COUNCIL**

The Recreation for Adults Age 50+ Advisory Council was formed in 2001 to advise and support Saint Paul Parks and Recreation Program staff. Members are individuals and agency representatives who are interested in issues of concern to the aging population. The Council seeks representatives from Saint Paul's diverse senior population and a wide assortment of organizations serving senior citizens. To be a member, one should:

- be 50+ or interested in senior issues
- have access to transportation (car, bus or rides)
- be available for monthly meetings
- be willing to share ideas
- be interested in working on senior activities and projects.

Members are asked to commit to serving for at least one year and are invited to renew annually. The council meets the fourth Tuesday afternoon of every month except December.

If you want to find out more about the Advisory Council, call Mary at 651-266-6447

ADVISORY COMMITTEE ON AGING

The City of Saint Paul Advisory Committee on Aging (ACOA) was formed to promote the dignity and independence of Saint Paul's aging population by:

- Identifying the needs and recognizing the contributions of seniors
- Evaluating existing services and programs for seniors
- Making recommendations to the Mayor and City Council regarding public and private policies and practices.

Saint Paul citizens and agency professionals work to analyze and assess the current special needs of senior citizens living in Saint Paul.

Goals include:

- facilitating partnerships with community agencies and senior organizations in order to strengthen our position that seniors are a valuable resource in Saint Paul.
- working to empower senior citizens to be a resource across intergenerational lines.
- becoming acquainted with legislative issues that address critical human needs.

For more information, contact Mary at 651-266-6447



Saint Paul Parks and Recreation
Senior Citizen Programs
50 W. Kellogg Blvd., Room 840 RCGC
Saint Paul, MN 55102
AA-ADA-EEO Employer
www.stpaul.gov/parks

Many of you are receiving a complementary copy of this newsletter for the first time. Please see article on page 2 for subscription information.